



# **USA GYMNASTICS**

Official Magazine of the United States Gymnastics Federation

Vol. 15, No. 3

May/June 1986

**USA/USSR Meet  
Becomes  
Proving Grounds**

**Kunyavsky Retains  
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RSG Crown**

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**Mr. Robert H. Miller**

By Susan Sontag

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# Sports' Nemesis

It is hard to believe, watching these athletes train together, eat together and travel together, that they are so different. Obviously, they are much more alike than they are different. But then again, look at the tremendous differences amongst Americans. Haven't we all learned to live together and don't we continue to work towards that end? The distances between countries and the language barriers are often-times cited as problems. Yet, those are problems we face every day right here in America. Yes, it adds to the complexities of our lives, but we have learned to accept it, deal with it and identify the positive effects on our society.

Perhaps we should leave the politics to the athletes. Maybe if Mr. Reagan and Mr. Gorbachev had competed against each other on an athletic field, they would find a common bond. An understanding. A mutual respect. A way to deal with their problems by sharing a common desire. A dream that all athletes have been following for a long time.

For the United States Gymnastics Federation  
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Executive Director



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Movie Starring Mitch Gaylord Opens In June

# American Anthem, High-Kicking Gymnastics

By John Arends

**I**f it's an investment no one has ever made in gymnastics, not even ABC's *Wide World of Sport*. It totals more than \$14 million dollars and its focus is gymnastics — exhilarating, high-kicking, sensual gymnastics.

It's *American Anthem*, the new film from Lorimar that opens in theaters around the country June 27th. And it stars Olympic Gold Medalist Mitch Gaylord.

*American Anthem* is to gymnastics what *Flashdance* was to just dancing and *Footloose* was to good times at the local hop. It's fast, it's furious, and it's filled with music, choreography and gymnastics "that really kicks," according to Albert Magnoli, who directed the film for Lorimar. Magnoli also directed *Prince in "Purple Rain,"* and is considered one of Hollywood's most talented young directors. His forte is melding powerful visuals with a visceral soundtrack and story-lines given depth by emotion. He also shares screenplay credits on *"American Anthem."*

"We went into this project thinking that the sport of gymnastics would serve as the backdrop for the film — which is about two young people learning to believe in themselves," Magnoli said. "As we got into the shooting and the editing, the gymnastics began to take on an important role of its own."

The film follows two lead characters — talented young gymnasts named Steve (played by Gaylord) and Julie (played by actress/dancer Janet Jones, who most recently appeared in *"A Chorus Line: The Movie."*) Both are trying to earn a spot on the U.S. National Team. Steve is recovering from a broken arm and a loss of confidence. Julie is faced with the pressures of moving to a new gym and meeting the higher standards of her new coach, Soranoff. He is a stern, demanding fellow with an eastern European accent — sound familiar?

**"American Anthem" is to gymnastics what "Flashdance" was to jazz and "Footloose" was to good times at the local hop. It's fast, it's furious, and it's filled with music, choreography and gymnastics "that really kicks," according to Director Albert Magnoli who also shot "Purple Rain."**

In typical Hollywood fashion, they meet, fall in love and lend each other inspiration. Steve is helped along the way by Kirk, a talented gymnast in his own right played by former U.S. National Team Member Stacy Maloney. Other well-known gymnasts appearing in the film are collegiate greats Megan Meenden, Maria Anz and Michelle Dusserre. Olympian Kathy Johnson served as the technical director for the women's gymnastics scenes, coaching Jones and choreographing routines, with the help of 1984 U.S. Olympic Assistant Coach Roe Kruetzer. Much of the film was shot in Arizona, with John Spiri and gymnasts and parents from the Tucson area chipping in. The USGF's Jan Claire appears as the announcer of the final meet.

Along the way we see a lot of gymnastics — all of it shot with a style and technique far removed from television coverage of a competitive event.

"We used rock-and-roll lighting in some scenes, and we tried to get 'inside' the event, right upon the apparatus with the gymnast," Magnoli said. "We didn't use any of the standard tricks — slow motion, that sort of

thing. All of the gymnastics was shot at normal speed. It's honest. It's exciting. And with the music, it really kicks."

The final 30 minutes of *"American Anthem"* takes place at the national championships. Gaylord's character, Steve, is faced with trying to dismount high bar with a trifis — a triple fly-away with a full twist on the first salto. He crashes on it several times throughout the film. Jones' character risks everything on the final event, floor exercise, torn between her loyalty to her coach and her family. It's all structured to give the audience a Rocky-like climax.

*American Anthem* is not a movie for young children. It's rated PG-13, and it's "realistic" in its depiction of teenage life and mores, according to Magnoli. In other words, there's some drinking, a bedroom scene and some tough language. It also takes some liberties with the sport and its rules and policies. But remember, it's designed to entertain with gymnastics, not document how the sport is conducted in real life. And it's current, with well-known music groups on the soundtrack and at least three music videos scheduled to run on television.

In short, *American Anthem* will put gymnastics and gymnasts on the big screen in front of hundreds of thousands of moviegoers. It'll attempt to put gymnastics into the mainstream of popular culture, especially the teenage rock-and-roll variations of that culture.

And if more kids get turned on to gymnastics, then the entire gymnastics community will feel the effects.

[Editor's Note: In the July/August issue of *USA Gymnastics*, we'll feature interviews with the gymnasts involved in the making of *American Anthem*, including Mitch Gaylord and Stacy Maloney.]



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## 1986 NCAA Women's Meet Tightest Ever

## Utah Picks Up Sixth

By Lin Abel

Utah Assistant Sports Information Director

If the 1986 National Collegiate Athletic Association Women's Gymnastics Championships did nothing else, it shattered some widely held myths. For instance, the NCAA extravaganza led to rest the claim that collegiate gymnastics is not a team sport. It also crushed the notion that first rotation teams can't contend for the title.

The University of Utah, in winning its sixth consecutive national championship, made believers of the team concept. In the most pressure-packed meet of the season, the Utes hit 24-of-24 routines, to counter several superb individual efforts by runner-up Arizona State. To further emphasize the team effort only four Utes qualified for the individual event championships.

Third-place finisher Alabama brought yet another lesson to the spectators. One of the nation's premier teams throughout the season, the Tide suffered a disastrous regional meet and barely sneaked into the national championships. Demoted to the first rotation, Alabama would surely miss in the "out of sight, out of mind" position. Right?

Wrong.

At least one pre-meet speculation did hold up. Everyone involved echoed that pretty much rule at the 1986 NCAA nationals. In fact, although Utah had won five straight national titles and was seeded No. 1, most experts tabbed Arizona State (ASU) to win the 1986 crown.

"I think if all of the top-five teams hit, then it will come down to Utah and us," predicted ASU coach John Spini at the pre-meet press conference. "If we hit and Utah hits, then it will be up to the judges. It's nice to be competing at a championships at a neutral arena. It gets kind of tiring competing at Utah," Spini added.

Georgia coach Suzanne Yoculan volunteered, "Utah needs to be beaten. They are capable of being beaten, and they will be beaten."



One Utah athlete in Utah "picked up six." Despite pre-meet predictions of defeat, the Lady Utes proved they could win the big meet on the road. (USA/G photo)

Alabama coach Sarah Patterson cast the favorite's role upon ASU, but she by no means conceded the title to the Sun Devils.

"ASU may be favored, but I pick Utah to win," she said. "Just as with us, the pressure is off Utah. I think that's to both our advantage."

Even Utah coach Greg Maraden said, "Let's face it, this should be ASU's year. John Spini has built his program for this year. Georgia, Alabama and Fullerton are very good, too. We could finish first, or we could finish fifth."

Friday night's team and all-around championships at Florida's O'Connell Center verified the coaches' claims of parity.

Alabama danced through 24 routines without a miss, and proved that a first rotation team could contend for the national title. Defending all-around champion Penny Hauschild, seeded 37th entering the championships due to a devastating regional meet, spearheaded Alabama's drive. The senior reeled off a pair of 9.60 and 9.50 scores to set a new NCAA Championship all-around tally of 38.20.

The Tide hoarded the first rotation's allotment of good scores, and finished the night with a solid 186.35 score. UCLA, Florida, Louisiana State and Ohio State, on the other hand, tumbled right out of the title picture. The beam proved the demise of the bottom four teams, where numerous falls and breaks resulted in low scores, ranging from 42.60-45.25.

The 7,488 spectators remained glued to their seats when hometown team Florida and its four rotation partners marched off the floor and the five top seeds prepared to battle.

It took but two rotations for everyone present to confirm that the much heralded Utah-Arizona State rematch would indeed be a barnburner. As Utah set out the first round with a bye, Arizona State peeled off six near flawless vaults for the highest score of the evening—a 47.60. Arizona State counted a low score of 9.35, with a trip of Sun Devils sticking 9.55 vaults and All-American Jackie Brummer nailing a 9.60.

On came the Utes in rotation two. A series of six solid vaults gave Utah the second highest score of the evening—a 47.25—on what most considered Utah's weakest event. At the other end of the arena, ASU was encountering a few unexpected perils on the uneven bars and was forced to count an 8.70 and a 9.00 score. Certainly, no one anticipated All-American Lisa Zett's two falls and 8.60 score. Reminiscent of the regional meet two weeks earlier, Arizona State's poor bar performance had opened the door for the Utes.

Once again the Utes didn't let



opportunity slip through their grips. Three Utes swung to 9.20 scores, to go with a 9.35, a 9.45 and Cheryl Weatherstone's 9.50. With a 46.70 total on the bars, Utah made up the ground it relinquished on vault. After two rotations, Utah and ASU were deadlocked at 93.95.

Third-ranked Cal State-Fullerton and No. 4 Georgia wobbled out of the title chase after two rotations—as both teams found the beam too narrow for their liking. Despite a vault score of 46.50, Penn State's opening mistakes on floor effectively eliminated the Lions from the race.

While Utah was effortlessly cranking out clean routines on the bars, Arizona State tackled the beam. The first four Sun Devils to walk the plank mustered just one score above 9.05. Seniors Brummer and Zett single-handedly saved the Sun Devils by staging spectacular 9.45 and 9.50 performances, respectively.

Arizona State stepped to its last event of the championships—the floor exercise—with a three-event total of 140.30. Utah moved to the beam, where it would record a 46.50 score and break away from the Sun Devils for good. Utah again hit all six routines, with Sandy Sobotka's 9.50 leading the parade. As for Arizona State? Despite taking out the shaky double backs which had sealed its doom on floor at the regional meet, the first three ASU competitors could still muster nothing better than a 9.15. Not

until the senior trio of Brummer, Kim Neal and Zett rebounded to score 9.30, 9.40 and 9.55, respectively, was a victory over third-place Alabama assured. Brummer's floor finale also gave her a share of the all-around title (38.20) with Alabama's Hauschild.

The Sun Devils, having finished team competition for the year, sat and watched Utah take aim at their 186.70 score. A confident Ute floor crew was prepared to mop up the national title—but first put a score into the 200-plus Utah fans assembled. Freshman Hilare Portell executed a high double twist, followed by a front tuck to a full twist on her second pass, but stepped out of bounds. Her 9.05 mark preceded the 9.20 score handed to Sobotka. When Utah floor exercise record holder Lisa McKay fell out of her triple turn and recorded a 9.15, well below her 9.80 career best, the outcome of the meet was once again in doubt. Sophomore All-American Lynne Lederer and Cheryl Weatherstone proceeded to put the meet away, however. A spunky Lederer turned in his finest floor routine of the year, for a 9.45. Then Weatherstone stuck her double back and spun through a perfect triple turn, on her way to a team-high 9.50 score. When defending national floor champion and three-time All-American Lisa Mitchell stepped on the floor, the meet was already decided. Mitchell scored well below her school record-tying 9.80, but her 9.29 score upped Utah's winning score to a 186.95.

The closest national championship in the history of collegiate women's gymnastics was over. For the teams, that is. Utah finished first (186.95), followed by ASU (186.70), Alabama (186.35), Georgia (185.45), Fullerton (185.00), Penn State (182.70), UCLA (181.70), Florida (181.30), LSU (180.55) and Ohio State (177.80). Individual event night, featuring the top eight competitors in each event, would close the curtain on the fifth-annual NCAA Women's Gymnastics Championships the next night.

And what a finish! The common consensus was that the 1986 individual event championships were the most spectacular ever. Three records were set and name of the Ute beam competitors fell. Last year, in contrast, only two competitors stayed on the beam.

Arizona State covered itself in glory, as three Sun Devils won individual



Arizona State's Jackie Brummer set an NCAA record with her 9.45 score on beam, which won her that national title (USGF photo © by Ken Allen 1985).

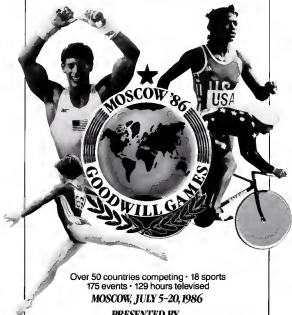
titles. Brummer promoted to an NCAA record 9.80 winning beam score. Teammate Zett danced to a tie with Alabama's Hauschild on floor, with a record-setting 9.70, and Neal led for first on vault with Pam Larose of Penn State, with a 9.45. The other crown went to Georgia freshman Lucy Wener, who swung to a record-shattering 9.80 mark on the uneven bars.

Arizona State's Jackie Brummer booked in the limelight after Saturday night's competition and reflected on the meet. "We all wanted the team title last night, but I guess it all balances out. I'm not a vindictive person, and I admire Utah's program, but these three titles tonight were for Coach Spind and ASU."



Alabama's Cheryl Weatherstone maneuvered from a difficult starting position to successfully defend her NCAA all-around title. On her way to her second crown, which she won, NCAA record-setting 58.30 points, which she later lost by ASU's Lisa Brummer. (USGF photo)

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# Sun Devils Shine In Nebraska

## Arizona State Wins First Men's NCAA Team Title

By Bob Rikkil

Once again Nebraska's Devaney Sports Center provided the site for the NCAA Men's Gymnastics Championships April 4-5. This year's meet was packed with fine performances by the individuals and featured a down to the wire finish for the team championship.

Three outstanding teams, Arizona State (ASU), Nebraska and Stanford advanced to the team finals. Arizona State, the leader after the preliminary round, has been a regular entrant in the team competition for nearly 15 years. ASU placed second twice in previous years, but had never claimed the team title. The Nebraska Cornhuskers were true to form this year and were ready to win their unprecedented sixth NCAA title in eight years. Sadao Hamada's Stanford team, which had qualified last year for the first time as a team, was a bonafide contender for the title having defeated both Nebraska and ASU earlier in the season.

Coming out of the second event, all three teams remained in the running. However, after the third event, Stanford began to lose ground while Nebraska and Arizona found themselves virtually tied. In the fourth and fifth events, Nebraska started to pull ahead picking up a strong lead of 1.55 over ASU. John Sweeney, Paul Linne, Dennis and Dan Hayden went 9.6, 9.7, 9.8 and 9.9 respectively on horizontal bar, the final event, to tie Nebraska's score of 283.90.

Even after the competition's completion, the final outcome was still in question. A new inquiry system used in this year's meet permitted coaches the opportunity to protest up to three scores. Meet officials conferred for nearly 30 minutes reviewing the inquiries before proclaiming ASU the team champion.

A fourth protest filed by the Nebraska coach Francis Allen was denied, resulting in a three tenths (.3) deduction thus breaking the deadlock. The Nebraska gymnasts put forth an excellent effort, nonetheless. Much credit has to go to coaches Allen and Jim



The Arizona State University Sun Devils and co-sponsoring net team unity to claim their first NCAA team title ever. The team was led by Don Robinson and John Sweeney. (USG photo © 1986 by Dave Black)

Howard for the tremendous results they produced. Their team looked great and performed like true champions.

The winners, Don Robinson's ASU team, came through in a traditional winning style. Robinson's approach to coaching emphasizes character building, feeling good about one's self and positive mental attitude. He sees himself primarily as a motivator.

"I feel, as a coach, that I'm helping by gymnasts increase their effectiveness as human beings. We have a close team and we're team oriented. We really work hard emphasizing the team aspect. We work on the factor of caring for each other and making the team a family. And I think it was obvious that on the floor this year there was a team that cared about each other and was enthusiastic. It was a team that went out and did the best they could at the time," said Robinson.

Pacific 10 Conference All-Around Champion, Jon Louis (Stanford), hit

six preliminary routines and scored 37.60 to conclude his collegiate career as NCAA All-Around Champion. Four years ago, Louis also finished on top when, as a high school senior, he won the Class I national all-around title. Throughout the course of the NCAA meet, Louis showed incredible consistency hitting 13 of 14 routines.

Hamada describes Louis, a communications major, as, "being physically very tough and strong. He is a very confident and determined person. He can set realistic goals and usually achieves them. Jon definitely enjoys working out in the gym."

Jerry Burnell (ASU) and Brian Ginsberg (UCLA) both scored 9.80 on floor to share the gold. Floor was the only event this year in which a tie was awarded the winners.

Burnell, with his crowd-pleasing rebounding routine, leads the world in non-stop tumbling. His routine begins standing back, punch front step-out, roundoff, flip flop, back fall, punch

(Right) *Win Salter of Nebraska led the Cornhusker team to a second place finish and was fourth all-around himself.* Salter was also honored by being named Person of the Year, the most prestigious award a college can give. (Left) *Photo © 1986 by Gene Hilly*

front step-out, round-off, two flip flops, back double back.

Ginsberg mixes top tumbling moves (double layout and back full punch beam) with his patented legs together finger-tip straight press. Ginsberg tumbles quick and light appearing to flip effortlessly on his airborne salies.

Freshman Curtis Holdsworth finished the preliminary round tied for third on pommel horse with nine other competitors. He hit his final routine to score 9.75 bringing UCLA its second individual event title of the evening. Holdsworth does considerable bound the back, one pommel work. His slow swing and great extension contribute to his appealing style. He performed with stability, good control and without noticeable deductions.



Holdsworth follows in the footsteps of fellow all-around UCLA gymnasts Peter Vidmar, Tim Daggett and Tony Pineda—each a former NCAA pommel horse champion. (Even UCLA coach Art Shuckock, a former great all-around gymnast himself, won NCAA pommel horse.) Holdsworth depicts a new breed of all-around gymnasts who excel on pommel horse and can challenge that once sacred domain of the specialist.

Mark Dab (Iowa State) defended his 1985 rings title with a score of 9.85. Dab can move then simply fulfill the three strength move requirement. On an event where it is normally difficult to show originality, Dab's Olympic Molise definitely sets him apart from other athletes. Dismounting with a piked full-out, Dab clearly demonstrates a good kinesthetic sense.

Freshman sensation Chad Fox (New Mexico) catapulted himself to amazing heights with two vaults in finals which he nailed. His layout full-twisting Tsukaharas (the first done on one arm) averaged 9.85—outstanding.

his closest rival by three tenths (.3), the widest margin attained by any individual event winner.

Dan Hayden defended his titles from last year on both parallel bars and horizontal bar bringing ASU its third and fourth gold medals. His 9.9 parallel bar routine demonstrated overall mastery of this event. His straight arm peach hand, grips, station, and back tosses are unparalleled. One of the country's brightest hopes for an '88 Olympic medal, Hayden aggressively attacks parallels.

In Hayden's horizontal bar routine (9.85), his double back over the bar catch still ranks as one of the most impressive and rare skills being done today. Although this move has been a regular part of his repertoire for the last three years, he is still virtually the only person in the world who has ever used it.

An important part of every NCAA championships is the announcement naming the recipient of the Naam Award, the most prestigious honor a senior can receive. Wes Suter (Nebraska), three-time NCAA Champion, was voted this year's winner. Besides an outstanding collegiate record, Suter's clean execution, virtuosity and consistency have always distinguished him as one of America's premier gymnasts.



*Jon Lewis of Stanford, won his biggest meet and continued his winning streak to two, taking the all-around titles in both the NCAA and Pacific 10 Conference meets. He defeated Pac 10 rival Bruce Gansberg for both titles.*



# MCA GYMNASTIC CHAMPIONSHIPS

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## FLOOR EXERCISE

1 BLUFFELL	9.80 ARIZONA STATE
1 DENNIGRO	9.80 UCLA
3 FOX	9.65 NEW MEXICO
3 BACHMAN	9.60 IOWA
6 STITH	9.55 CHIO STATE
8 FICE	9.50 OKLAHOMA

## POMME, HORSE

1 HOLDSWORTH	9.75 UCLA
2 HAYDEN GAN	9.70 ARIZONA STATE
3 GRALIN	9.65 MINNAPOLIS
3 HAYDEN DENNIS	9.65 ARIZONA STATE
5 SHADLEY	9.55 CHIO STATE
8 NEWAR	9.50 NEW MEXICO

## STILL RINGS

1 DINE	9.65 IOWA STATE
2 OTWILL	9.60 HAMPTON
3 NADY	9.55 N. ILLINOIS
4 LAKE	9.50 PENN STATE
5 FICE	9.50 OKLAHOMA
6 GRABBERG	9.45 UCLA
8 DUFFY	9.40 NEW MEXICO
8 LAMER	9.40 S. ILLINOIS

Ernie Gossberg of UCLA took second all-around among countrymen. Throughout the meet Gossberg and Jay first on floor with Arizona State's Brandt with 9.80. (USCF photo © 1976 by Dave Black).

## Vault

1 FOX	9.65 NEW MEXICO
2 SWINNEY	9.65 ARIZONA STATE
3 KRAUSE	9.60 S. ILLINOIS
4 LAKE	9.55 PENN STATE
5 LARSEN	9.45 OREGON STATE
8 CAMPBELL	9.40 UCLA

## Parallel Bars

1 HAYDEN GAN	9.80 ARIZONA STATE
2 FISHAN SETH	9.75 CHIO STATE
3 BACHMAN	9.70 IOWA
4 DAVIS	9.65 NEBRASKA
5 SCHLESINGER	9.60 NEBRASKA
8 BUTLER	9.55 MINNAPOLIS

## Horizontal Bar

1 HAYDEN GAN	9.55 ARIZONA STATE
2 LOUIS	9.50 STANFORD
3 MICHEL	9.45 UCLA
4 KOOPMAN	9.40 TEMPLE
5 DESOZA	9.35 STANFORD
8 VAUGHAN	9.30 OKLAHOMA

## All-Around Finals

	FC	PN	V	HB	TOTAL	
LOUIS - JON	9.75	9.65	9.55	9.45	9.40	57.80
GRABBERG - BRIAN	9.75	9.60	9.50	9.40	9.35	57.60
HAYDEN GAN	9.70	9.65	9.55	9.45	9.40	57.70
BUTLER - VANCE	9.65	9.60	9.45	9.35	9.30	57.35
GRABBERG - GARY	9.65	9.40	9.40	9.35	9.30	57.10
SWILLINEY - JOHN	9.60	9.55	9.45	9.35	9.30	57.25
REYNOLDS - RICH	9.55	9.50	9.40	9.30	9.25	57.00
REYNOLDS - RICH	9.55	9.45	9.35	9.25	9.20	56.85
SADINO - CARLOS	9.50	9.50	9.30	9.25	9.20	56.75
BLACKETT	9.40	9.40	9.35	9.25	9.20	56.60



Arizona State coach Don Johnson is congratulated by Don Reynolds after winning the San Diego's first team title.



# Official Commemorative U.S. Olympic Festival-'86 Artwork



By Artists: Delton Gerdes & Gerald Bartasch

Printed by Western Lithograph Company, Inc., 1985



GERDES / Race for First / 24 x 36



BARTASCH / Moment of Truth / 34 x 22 1/2



BARTASCH / Coping / 24 x 36



BARTASCH / Flight / 34 x 22 1/2



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# Proving A Point







## 1986 McDonald's Gymnastics Challenge: USA/USSR



### *Soviets Impressed With American's Competitive Spirit*

By Mike Botkin

**T**his was not a gymnastics meet the United States was expected to win. But what the 1986 McDonald's Gymnastics Challenge USA/USSR did become was a proving grounds. After the recent sixth place (women) and ninth place (men) finishes in the 1985 World Championships, the USA squads were looking to prove a point to the world's best gymnasts.

"This meet was very important to us," Scott Johnson said. "We wanted to use this meet to show the Soviets that we are a better team than the one that was in Montreal."

Even the Soviet competition made note of it. "I have learned that the Americans are very worthy opponents," said Valentin Mogilyay, a world champion on parallel bars and pommel horse. "They [the Americans] took this meet very seriously. We are going to have to go back into the gym and work that much harder to stay on top." Mogilyay and with teammate Yuri Balabanov for the all-around title in the USA/USSR meet.

Seizing the opportunity to show off to a national television audience (the women's competition was televised live on ABC's Wide World Of Sports), the two superpowers put on spectacular performances. The Soviets demonstrated they were at World Championship form, defeating the women 196,800 to 194,700 and the men 294,600 to 291,750 in the dual meet April 26-27 in Worcester, Mass.

**'The Soviet Union came into the meet with a less-experienced women's team than anticipated. All-Around World Champion Elena Shoushounova scratched just prior to the meet due to an illness she had not been able to shake since departing from Moscow. Leading the team was World Championship team member Vera Kolensnikova.'**

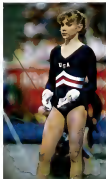
#### Women's Competition

**T**he Soviet Union came into the meet with a less-experienced women's team than anticipated. All-Around World Champion Elena Shoushounova scratched just prior to the meet due to an illness she had not been able to shake since departing from Moscow. Leading the team was World Championship team member Vera Kolensnikova. It was her experience that anchored the strong youth of the Soviet squad. Kolensnikova had the distinction during the World Championships of leading off every event for the women. Her prearranged job was drastically simplified when the 17-year-old said, "I was

sixth in the national championships, so I led off every event. That was my place."

Behind Kolensnikova was 1986 American Cup veteran Inna Banskaronova. In better health than a month ago, Banskaronova still was a bit shaky with two major breaks on uneven bars and beam. She missed her regrip after a handstand, change grip to a taller to younger on uneven bars resulting in a 9.100, the lowest score of the competition for the Soviets. A wobbly beam routine also gave Banskaronova the distinction of the second lowest Soviet score, a 9.500.

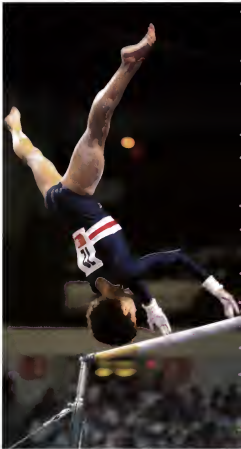
The United States was led by the performance of Stacy Gunkelberg. In this her first international competition



*(Right) Melissa Marlowe takes a bow after a routine. Above left: from the left are partners Inna Banskaronova, Martina Piskorska, Oksana Khavrona, Svetlana Likhacheva and Olga Zvereva. Above right, from the left are partners Svetlana Ilyuk, Maria Anisimova, and Stacy Gunkelberg. (Left) Svetlana Likhacheva and Inna Banskaronova in their routines. USA/USSR photos © 1986 by Dave Skelly*



Sherry Gunthorpe finished the USA/USSR meet as the top qualifier for the U.S. At the right, Gunthorpe performs a leap vaultler during her uneven bars routine (scored 9.800) (USAGF photo © 1986 by Dave Black)



since a knee injury, Gunthorpe used consistency to become the highest-place finisher for the United States at fifth. Maria Roethlisberger turned in one of her best meets, hitting four for four and unveiling a new floor exercise routine on her way to a seventh place finish.

Staying close to the Soviets for three events (vault, balance beam and uneven bars), the U.S. women fell short in their upset bid, as the Soviets took command on their strongest event — floor.

"They have a total mastery of technique and performance. In the recent World Championships on beam and floor exercise, their technique and execution was unparalleled," said Jackie Fle, vice president of the Women's Technical Committee of the International Gymnastics Federation (FIG). "Their development of technique, especially in compulsories, was superb. They have taken another step forward, lengthening their lead over their closest competitor."

The United States gymnasts followed a vaulting trend set by the Soviets during the 1985 World Championships when Roethlisberger, Gunthorpe and Sabina Mar all performed a roundoff onto the board. Gunthorpe, who is coached by Bela Karolyi in Houston, performed her round-off, flip-flop on — layout one-and-one-half volte backwards with great precision for a 9.80 score.



Melissa Marlowe began this meet with a flourish, completing her TV vault for a 9.850 to tie for top spot with Soviets Binkausova, Svetlana Lebedinskaya, Ekta Zetseridou, Natalia Popova and Kolesnikova. After the first event the United States was within 45 of the World Champions, going into uneven bars.

Bars turned out to be a true highlight for the Americans. Marlowe won the event, beat all six Soviets with her 9.900 routine. Going into this event, Coach Don Peters' strategy was to keep close and hope the Soviets would falter — which is close to the way it happened.

"When I saw Binkausova fall, I thought, 'Here we go.' But they regrouped nicely after that and didn't fall again," said Peters. "After that point, the kids started believing that we could beat them."

Gemthorpe followed the stricken Binkausova with a strong 9.800 routine. That was the only time during the competition the United States would enjoy a lead. Hope Sperry continued applying pressure with a 9.850 routine and Roothlisberger ended the strong bars performance with a very high reverse hecht and a 9.850. Led by these performances, the Americans defeated the Soviets on bars 49.150 to 48.900 and cut their overall lead to 20.

"I feel pretty good that we beat them on bars," said Peters. "That was a big boost for our kids. After all, the

*(Above) Melissa Marlowe has emerged as one of America's brightest stars. Binkausova scored a 9.800 on bars. Marlowe won the uneven bars competition with a 9.900. Melinda Vera Kolesnikova provided much of the suspense for the Soviets in the uneven bars final. On bars she placed second to Marlowe, scoring a 9.850. (Below) Peter's 1.500 by Dave Rusk.*

"They have all of the big three: power, strength and flexibility. When they perform it is a perfect blend of those three qualities. They know how to show every phase of a movement to the utmost."

That is the way Jackie Fle, vice president of the FIG Women's Technical Committee, describes the Soviet Union.

#### **Soviets are the World Champions"**

The Soviets weren't without high points. Zetseridou, during her 9.800 routine, did a picture perfect full-twisting pommel into a reverse hecht. Kolesnikova's reverse hecht into a moved grip one-and-one-half roll to low the bar scored a 9.850.

With bars, the Soviets' strength in dance started to show. "The Soviet women exemplify virtuosity with every movement," said He. "They have excellent posture, perfection in body alignment and their height and toe work throughout is strong. They use their heads and arms for strong, confident poses.



"They have all of the big three: power, strength and flexibility. When they perform it is a perfect blend of those three qualities. They know how to show every phase of a movement to the utmost. Every element is performed from the maximum start to the maximum finish," said Flo.

All six Soviet team routines scored 9.800 or above. The Americans were also consistent, averaging 9.725 for six routines. The U.S. was down .9 going into floor.

Noteworthy performances by Gunthorpe (9.750), Roethlisberger (9.750) and Mar (9.750) kept the American team close. But despite their efforts, the team score slipped to 146.45 to 147.35 in favor of the Soviet Union.

"One thing I really admire about the Soviets," said Peters, "is that they don't cut any corners. They don't leave any weaknesses. That's why they are so dominant and that's really why they won the World Championships. You don't see a Soviet kid do anything badly. They do what they do very well. They are true artists."

Nowhere is that artistic flair apparent than on floor. Lebedinskaya and Frolova danced beautifully to scores of 9.900 the highest marks of the meet, to take top honors and to put the Soviets off to a great start. Roethlisberger completed her first performance with a 9.750 routine.

A newcomer to the international scene saved her best routine for last. Dee Yamashiro of SCATS, got past her nervous first pass to go on to a very confident routine, scoring a 9.850. Gunthorpe ended her day as the top American finisher with an excellent floor routine scoring a 9.800, good for a second-place tie with Samikyanova.

The Soviet team are so strong, in part due to the structure of their program. Evident throughout the lineup is depth despite youth. "When you look at the make-up of their teams, they are all structured the same way," said Greg Martden, head women's gymnastics coach at the University of Utah which recently won its sixth consecutive NCAA team title. "There will be a core of very seasoned gymnasts, a couple of moderately seasoned gymnasts and a couple of youngsters. That gives them a very good blend of youth and experience. But for the most part, they are a very seasoned bunch."



A popular vault throughout the world-wide gymnastics scene, originally introduced by the Soviet gymnasts is now becoming a trend. The handoff approach onto the board to a layout *tsukahana* is demonstrated by Stacy Gunthorpe (USA top) and the Soviet's Irina Boroditskaya.





*While very comparable in technique, Gontcharova's form in this photo sequence is identical if not better. A relative newcomer to the international scene, Gontcharova shows by her dynamic carriage that she is a contender against world class gymnasts such as Bursakov. (USGF photo sequence © 1996, by Dave Nick)*





#### Men's Competition

**A**n awesome display of gymnastics technique and power propelled the Soviet men to the team gold and seven of the top eight spots in the all-around, as they handily defeated the American men 294.600 to 291.750.

"The team was in very good form," said Soviet Coach Leonid Arkaev. "This competition has much importance for us because it is one of the largest of the season. It is also one of good will. I consider this competition to be a real international event between two countries of high level. I'm sure each coach will take some interesting points back with him," Arkaev said.

The judging of the meet kept the two teams close, momentarily, but the overall strength of the Soviets set a standard the Americans will be trying to catch before the 1988 Olympics. "These top people (men) are almost flawless," said Bill Kootzheim, member of the FIG's men's technical committee. "They are so deep. In most teams there is a vast difference be-

**'The upper body strength of the Soviets was demonstrated on pommel horse by Mogilnyi (Vladimir), whose intense pommel work during warm-up was a good indication of what was to follow. He held true to his World Championship form during the competition scoring a 9.95. Tim Daggett, who has the best upper body strength on the American team, answered Mogilnyi's score with a powerful routine of his own, also scored at 9.95.'**

tween the number one and eight people. For the Soviets, there is not much

*Soviet Johnson posed the USA sport. Johnson showed up to the meet to prove a point. He wanted to send a message to the Soviets that their American team were the best opportunity to the Soviet team to win the World Championships. (USA's photo) (left by Dave Black)*

difference between the number one and 30."

That poise was evidenced when Yuri Korolev, all-around World Champion and the all-around leader through four events, experienced a poor (for the Soviets) parallel bars routine (9.55) dropping him from first to fourth in the standings, where he stayed. That slip enabled Mogilnyi and Balabanov, the number five and six men on the World Championship team, to tie for first.

"I was quite happy with the level of our performance," said American Coach Abe Grossfeld. "A couple of our boys were injured, but the level was consistent considering the level we demonstrated in the World Championships." Grossfeld went on to point out he and Arkaev were not strangers as they competed against each other in Moscow 25 years ago.

Alexandre Tsimblovich started the



Soviets off on floor with a well executed triple twist on his first pass and a piked full in on his second to score a 9.70. Great routines by Mike Rice (9.75), Brian Babcock — who completed the best double back for the U.S. on his second pass (9.70) — and Brian Ginsberg (9.65) kept the host squad close.

The upper-body strength of the Soviets was demonstrated on pommel horse by Magliryn, whose intense pommel work during warm-up was a good indication of what was to follow. He held true to his World Championship form during the competition scoring a 9.95. Tim Duggett, who has the best upper body strength on the American team, answered Magliryn's score with a powerful routine of his own, also scored at 9.95.

The Soviets stretched the lead during rings competition, beating the Americans 49.000 to 48.750 on the event. Johnson's favorite event is rings to which he responded with a superb silent ying. Balabanov and Korolev for high score with 9.85. Balabanov's strength sequence included an inverted cross to a high planche, lowered to a cross.

"The complexity and length of their routines are above standards," said Roetzheim. "In the United States the gymnasts will usually have one super release move on high bar. It's not un-

common to see the Soviets with three or four."

Roetzheim, an international judge and member of the United States Gymnastics Federation (USGF) Men's Program Committee, feels the reasons for the Soviet's dominance are simple. "First, the complexity and length of their routines are above standards. In the United States the gymnasts will usually have one super release move on high bar. It's not uncommon to see the Soviets with three or four."

common to see the Soviets with three or four.

"On the length of routines, the U.S. gymnasts meet the minimum requirements for their routines. It's not uncommon to see the Soviets with 15 or 16 parts, four to five more than what is required. Using rings as an example, there are three strength moves required and all three don't have to be of great difficulty. Most American gymnasts will have a hard time with the third move and most will do an 'A' move. The Soviets will have three to four strength moves and all will be 'B'

moves or better," summed Roetzheim.

The Soviet lead increased after vaulting, with the Soviets averaging 9.75. The Americans averaged 9.45 per man. Tikhonikh and Korolev won the event, with a pair of 9.85's. Johnson gave the Americans their best score, a 9.75.

The domination continued on the parallel bars. Four Soviets scored 9.85's and Balabanov scored a 9.95 to take the title in the event. Johnson again paved the way for the Americans with a very solid 9.85 routine. Duggett got himself in the groove, putting together a 9.75 routine.

Although he did not score well

Keith Malmgren scored a 9.80 for his vault in place against Nikolai Andreev. Tim Duggett and Yuri Korolev also scored 9.80's. Malmgren's vault off the cross on pommel horse scored at 9.45 and for second to last Tim Duggett and Malmgren's cross perfect 9.80 performance. USGF photo © 1986 by David Black



## Grace Under

With a grace beyond their years, with a musicality seen rarely outside of the world of ballet, seven tiny, pony-tailed ballerinas from the Soviet Union—disguised as world-class gymnasts—took center stage during the USA/USSR Friendship Tour. They were immediately invited back to the U.S. for an encore.





## Pressure

A youthful U.S. squad seems bent on closing the dance gap. Marie Routhlisberger debuted a new floor routine in Boston, and Hessa Marlowe's classical foundation is ready paying dividends. Stacy Gunzburger's dance technique is progressing under the watchful eye of Maria Kandykova—i.e., when husband Bela doesn't have her looking into the rafters.



(9.75) because of a couple of steps on his dismount, Alexander Tumenkovich had by far the most exciting routine. He performed two consecutive front tucks, two consecutive back tucks into an immediate double back dismount.

Spinning, breathtaking and awe-some sum up the high bar competition as both the Soviets and the Americans performed well. Vladimir Gopoldov and Mogilyov won the high bar competition with a pair of 9.85's. Gopoldov's routine was highlighted by the series of tekachev, tekachev, deltchev, followed by a triple back dismount (which he stuck). Mogilyov included a double twisting double back dismount, stuck, while Holbanov threw a one-and-one-half twisting deltchev. Phil Cahoy hit his routine (9.65) as did Ginsberg (9.65) and Dan Hayden (9.60).

"I was quite pleased with pommel horse, parallel bars and high bar," said Arkosev. "If we are weak in an event, we train even harder so it becomes our strongest event. The main principle behind our fitness program is the all-around. We train hard for all six events."



Mike Riera climbed at Oklahoma University and a true physical surprise during the meet hitting all six routines.



Alexander Tumenkovich and Mogilyov are two important competitors to the Soviet's routine here. Alexander Mogilyov was great for ability to execute the bars on floor. (Michael Paul Robinson's excellent look note on pommel horse can apply to Soviet's triple back dismount. 1985 by Dave Smith)

"Our men's team did a very good job," said Robert Cowan, Men's Program Administrator for the United States Gymnastics Federation (USGF). "Johnson exhibited new skills on many events and performed exceptionally well, as did Babcock. Mike Rice was the pleasant surprise of the meet going six for six and scoring 59.95. Ginsberg had two major errors (pommel horse and rings) which almost put him out of the competition. Otherwise, he would have been in the top five easily."

"Daggett, in my opinion, looked better than he had since World Trials although he had problems on a few events," Cowan added. "Hayden did a good job, although he is still not recovered from his injury to the extent that he has his total confidence in himself or his routines. Cahoy, who was also plagued by a nagging injury, looked good on most events," said Cowan. "It was good to see the team perform so well. I think it improved their self-concept and obviously will help our world viewpoint."





#### Year Finals (Women)

	Vault	Bars	Beam	Floor	Total
1. USA	49.250	48.000	48.250	48.250	193.750
2. USA	48.750	48.125	48.000	48.250	193.125

#### All-Around Finals (Men)

1. Yun Belenkov	USA	58.000
2. Vladimir Mogilyov	USA	58.000
3. Nikolai Lutsenko	USA	57.750
4. Yuri Skochkov	USA	57.500
5. Alexander Turchenko	USA	57.125
6. Scott Johnson	USA	56.750
7. Vladimir Gogoladev	USA	56.500
8. Vladimir Artyukov	USA	56.125
9. Brian Bittcock	USA	55.750
10. Tim Daggett	USA	55.000
11. Mike Rice	USA	54.750
12. Dan Hayden	USA	54.500
13. Brian Gombig	USA	54.250
14. Phil Carey	USA	53.750

#### All-Around Finals (Women)

1. Tina Zolotarev	USA	58.000
2. Svetlana Lazaretskaya	USA	58.000
3. Nina Kozmenko	USA	58.000
4. Marina Ivakina	USA	57.750
5. Snopy Gornepov	USA	57.500
6. Ganna Anisimova	USA	57.125
7. Maria Hordvintseva	USA	56.750
8. Helen Rippey	USA	56.500
9. Don Yarnes	USA	56.250
10. Milana Marone	USA	56.000
11. Sabrina Mar	USA	55.750
12. Nina Kuznetsova	USA	55.500

#### Team Finals (Men)

	Floor	Horse	Bars	Vault	Beam	Total
1. USA	49.250	49.000	49.250	49.500	49.500	246.750
2. USA	48.750	48.750	48.500	48.750	48.750	244.500

#### Individual Event Scores

Vault		
1	Tina Zolotareva	58.000
2	Svetlana Lazaretskaya	58.000
3	Tina Zolotareva	58.000
4	Marina Ivakina	57.750
5	Svetlana Lazaretskaya	57.500
6	Maria Hordvintseva	57.125
7	Snopy Gornepov	56.750
8	Helen Rippey	56.500
9	Don Yarnes	56.250
10	Milana Marone	56.000
11	Sabrina Mar	55.750
12	Nina Kuznetsova	55.500

#### Unseen Bars

1. Milana Marone	USA	58.000
2. Helen Rippey	USA	58.000
3. Ganna Anisimova	USA	57.750
4. Maria Hordvintseva	USA	57.500
5. Snopy Gornepov	USA	57.125
6. Tina Zolotarev	USA	56.750
7. Svetlana Lazaretskaya	USA	56.500
8. Marina Ivakina	USA	56.250
9. Don Yarnes	USA	56.000
10. Milana Marone	USA	55.750
11. Sabrina Mar	USA	55.500
12. Nina Kuznetsova	USA	55.250

#### Balance Beam

1. Ganna Anisimova	USA	58.000
2. Svetlana Lazaretskaya	USA	57.750
3. Tina Zolotarev	USA	57.500
4. Nina Kozmenko	USA	57.250
5. Tina Zolotarev	USA	57.000
6. Marina Ivakina	USA	56.750
7. Snopy Gornepov	USA	56.500
8. Maria Hordvintseva	USA	56.250
9. Helen Rippey	USA	56.000
10. Milana Marone	USA	55.750
11. Sabrina Mar	USA	55.500
12. Nina Kuznetsova	USA	55.250

#### Floor Exercise

1. Svetlana Lazaretskaya	USA	58.000
2. Marina Ivakina	USA	57.750
3. Tina Zolotarev	USA	57.500
4. Snopy Gornepov	USA	57.250
5. Don Yarnes	USA	57.000
6. Phil Carey	USA	56.750
7. Brian Bittcock	USA	56.500
8. Maria Hordvintseva	USA	56.250
9. Nina Kozmenko	USA	56.000
10. Helen Rippey	USA	55.750
11. Sabrina Mar	USA	55.500
12. Milana Marone	USA	55.250

#### Individual Event Results (Men)

1	Yuri Belenkov	USA	58.00
2	Brian Gombig	USA	57.75
3	Mike Rice	USA	57.50
4	Alexander Turchenko	USA	57.25
5	Vladimir Adonov	USA	57.00
6	Yuri Skochkov	USA	56.75
7	Brian Bittcock	USA	56.50
8	Phil Carey	USA	56.25
9	Vladimir Mogilyov	USA	56.00
10	Scott Johnson	USA	55.75
11	Dan Hayden	USA	55.50
12	Vladimir Gogoladev	USA	55.25
13	Tim Daggett	USA	55.00

#### Parallel Bars

1. Tim Daggett	USA	58.000
2. Vladimir Mogilyov	USA	57.750
3. Yuri Skochkov	USA	57.500
4. Alexander Turchenko	USA	57.250
5. Brian Bittcock	USA	57.000
6. Yuri Skochkov	USA	56.750
7. Yuri Skochkov	USA	56.500
8. Mike Rice	USA	56.250
9. Scott Johnson	USA	56.000
10. Vladimir Gogoladev	USA	55.750
11. Vladimir Artyukov	USA	55.500
12. Phil Carey	USA	55.250
13. Brian Gombig	USA	55.000

#### High Rings

1. Scott Johnson	USA	58.000
2. Yuri Skochkov	USA	57.750
3. Yuri Skochkov	USA	57.500
4. Vladimir Artyukov	USA	57.250
5. Vladimir Mogilyov	USA	57.000
6. Tim Daggett	USA	56.750
7. Alexander Turchenko	USA	56.500
8. Mike Rice	USA	56.250
9. Alexander Turchenko	USA	56.000
10. Vladimir Gogoladev	USA	55.750
11. Dan Hayden	USA	55.500
12. Brian Bittcock	USA	55.250
13. Phil Carey	USA	55.000
14. Brian Gombig	USA	54.750

#### Vault

1. Alexander Turchenko	USA	58.000
2. Yuri Skochkov	USA	57.750
3. Vladimir Mogilyov	USA	57.500
4. Yuri Skochkov	USA	57.250
5. Scott Johnson	USA	57.000
6. Dan Hayden	USA	56.750

*Editor: Dan Hayden won gold on vaulting on year and home to vault a 9.75, tying him with a best of all-time for vaulting. (Note: USA Yun Belenkov's vaulting, probably vaulting him to do what he's in the world on the 2002 photo?) (Note by Dan Hayden)*

5. Alexander Turchenko	USA	57.750
6. Vladimir Gogoladev	USA	57.500
7. Tim Daggett	USA	57.250
8. Brian Bittcock	USA	57.000
9. Brian Gombig	USA	56.750
10. Vladimir Artyukov	USA	56.500
11. Mike Rice	USA	56.250
12. Phil Carey	USA	56.000

#### Parallel Bars

1. Yun Belenkov	USA	58.000
2. Scott Johnson	USA	57.750
3. Alexander Turchenko	USA	57.500
4. Vladimir Gogoladev	USA	57.250
5. Vladimir Artyukov	USA	57.000
6. Vladimir Mogilyov	USA	56.750
7. Tim Daggett	USA	56.500
8. Brian Bittcock	USA	56.250
9. Alexander Turchenko	USA	56.000
10. Mike Rice	USA	55.750
11. Vladimir Artyukov	USA	55.500
12. Phil Carey	USA	55.250
13. Yuri Skochkov	USA	55.000
14. Dan Hayden	USA	54.750

#### High Bar

1. Vladimir Gogoladev	USA	58.000
2. Vladimir Mogilyov	USA	57.750
3. Yun Belenkov	USA	57.500
4. Ganna Anisimova	USA	57.250
5. Alexander Turchenko	USA	57.000
6. Phil Carey	USA	56.750
7. Vladimir Artyukov	USA	56.500
8. Yuri Skochkov	USA	56.250
9. Dan Hayden	USA	56.000
10. Alexander Turchenko	USA	55.750
11. Mike Rice	USA	55.500
12. Scott Johnson	USA	55.250
13. Brian Bittcock	USA	55.000
14. Tim Daggett	USA	54.750

## Men's Program Update

## Soviet Training Observation

By Robert Cowan  
Men's Program Administrator

**A**t the recent USA-USSR competition in Worcester, and the subsequent exhibition in New Haven, Ma., I had the opportunity to observe the Soviet men train four times. The following is a report on those visual observations which encompassed 17 pages of notes, AND numerous conversations (usually through an interpreter) with Leonid Arkady, the Soviet Men's National Coach.

One of the most compelling observations was the consistency with which every athlete trained, the consistency with which each workout was started and the consistency of the workout itself. Repetition was the key to the workouts.

Upon entering the gym, the athletes were given approximately two minutes to prepare for the workout. This left them only enough time to look around, drop their bags, do a little movement of various joints and assemble in a line to be instructed by Arkady. He gave what appeared to be

detailed, terse instructions and then the group would immediately prepare to warm up. He personally led every training session warmup.

The warmup began with a jogging session around the floor exercise mat. This jogging session alternated between fast jogging with knees lifted high in front, to jogging by dragging the legs behind (still high, to jogging with the legs straight in front. It appeared to be primarily a cardiovascular consideration. Next, they would go into chassés facing in and chassés facing out (glissades). Then



they would do various movements (continuing in a circle) with arms swinging, various trunk movements, etc.

Then they would go to the mat and go through as complete a warmup of all the joints as I have seen. They would rotate their wrists, necks, knees, hips, lower back, etc. They also did an exercise where they sat on each others' back while they were in a squat position and the gymnast on bottom did toe raises. They did line tumbling of basic skills with a lot of emphasis on acceleration. For example, if they did four cartwheels, each one got progressively faster, but attention to execution and form were always first.

The warmup period usually ended with a tumbling session which began with forward rolls in various positions, then backrolls, then cartwheels, then front handsprings with greatly exaggerated arch (especially in the

head position). Then, they would begin round-offs, then flip flops, then front somers, then round off flip flop, then round off flip flop series, then tuck somers, then layouts.

Usually they stopped tumbling at this point as a group and on some beams divided out over four events. Some stayed on floor and worked up through the double backs which they did repeatedly. Occasionally, they would do a full-in or a double layout, but primarily they concentrated on execution of layout somersaults, double backs and attention to speed in their flip flops. Questions which were answered indicated that they wanted to enhance their flip flop by pushing their hips back very fast and making the flip flop as long as possible.

Those who did not stay at tumbling, returned sometime during the session. They went to pommel horse, still rings and parallel bars, usually two

gays per event. Thus, there were eight people on floor exercise, pommel horse, still rings and parallel bars. The guys on pommel horse did repetitive circles and emphasized trying to stop in the back occasionally (a planche position). They also worked longitudinally both with and without pommels. They spent a lot of time working pommel circles. They did half sets and full sets and occasionally they asked a judge to observe their performance. We only found out later these were judges. At the time they all appeared to be coaches and when questioned as to who the judges were, we were told, they had not decided yet!

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*Strength training is a very important aspect of the Soviet program. Improving strength through repetition and lifting weights, builds the gymnast's endurance capacity to do the same skills repeatedly. Part of our Youth Development first program is a push-up race, based on a single plyo. How many push-ups can you do in one min. On all four lifts, athletes held this for three seconds or more. (USAG photo) 1985 by Dick Bick)*



On still rings as on all events, it appeared they were most concerned with training strength than working skills or sets. Some of the exercises done on rings were:

1. Straight body front roll from a dead hang on kip to swing hand to lower slowly through front lever and repeat. This was done as a fluid manner, but looked extremely difficult the way they did it.

2. From an inverted hang with a false grip, they did a chin up which continued all the way to a handstand, then lowered to an inverted (tucked), then they pulled out (everytime) and then lowered to a planche. Usually the planche was horizontal with their hands.

3. From a hang, pull to front lever (four-to-five seconds), swing through to back lever, drop into a pike hang, back kip to handstand (slow) then handstand push-up (no strips) then repeat.

4. "L" four-to-five seconds, press, handstand pushup, "L" repeat. Approximately 10-12 repetitions per turn.

5. Swing to handstand, lower down to planche, relax after three-to-four seconds, swing down, swing to handstand, repeat four-to-five repetitions per turn. Each gymnast took three-to-four turns on each apparatus.

On many occasions, it was observed that their handstands were held anywhere from eight to 20 seconds on various events. They maintained excellent body line on everything except inverted handstands on rings. These were always arched as what I felt was a deductible manner. The difference was they could hold them almost horizontal for four-to-five seconds.

They also worked wide arm back for

front giants and competed this way. In discussions, which specifically stated they were using a technique which should be deducted, the answer given was that their execution was so flawless (true) that the judges would ignore the minor infraction of widening the rings. This was certainly true at the World Championships and apparently in Worcester.

I did not observe them doing any particular type of stretching, except they did have the athletes lay over the pommel horse on their backs and the coach held their legs. The athletes then stretched back over the horse and set up. Again, when questioned, they replied they tried to not only strengthen the abdominals but to stretch them at the same time. They said they do not lift weights ever.

**'On many occasions, it was observed that their handstands were held anywhere from eight to 20 seconds on various events. They maintained excellent body line on everything except inverted handstands on rings.'**

They did this exact same sequence every time they worked out. They also worked dismounts and part of routines. I never saw any of them do full sets. They also made a game out of this with what appeared to be contests between each other.

The group at parallel bars did the following exercises:

1. Swinging front dips with the back swing ending in handstand. Approximately 15-20 repetitions each turn.

2. Straddle planch-planch-press to handstand-return to straddle—then straddle planch and repeat. Approximately five-to-six repetitions per turn.

3. With feet in front and resting on parallel bars, 40-50 dips with two-to-three turns.



*Representative from and incredible technique are trademarks of the Soviet's gymnastics. Aleksandr Yemelin's elegant performance while performing this full twisting dismount as high bar "L" skill photo" (left by Dale Bladt)*

(Editor's Note: This next part deals with discussions with various members of the delegation. Obviously, there is room for error of interpretation; they could have been exaggerating or they could be exactly what they do. Regardless, if we did these things, we would obviously get better.)

1. When the Soviet Sports Committee met in late 1976 and decided that they were not going to ever again lose to the Japanese, they took the position that absolutely nothing was going to stand in their way. They created a system both financially and commitment-wise which would allow them to be the best in the world.

2. The Soviet athletes which were observed up until the 1984 boycott were well trained, very strong, but bulky. Research told them they would

be more efficient if they could get stronger without the extra weight. They entered into a program which necessitated doing strength at the beginning of workout and stretching at the end. Mogilyov is definitely more toned than he was in Montreal in November but, still, as a team, they are very slim and extremely strong.

3. Prior to the 1985 World Championships, the Soviet team trained together in Moscow at the Army School for three months. They then had their National Championships. They trained six hours per day, six days a week. One hour was dedicated to dance, aerobic and posture training. One hour was devoted to strength and flexibility (split). Four hours centered on apparatus training. The format varied. Sometimes they trained twice

a day for three hours. Sometimes they trained for six consecutive hours. Also, they alternated whether they did compulsory first or optional and they alternated starting events each day.

4. Following the 1985 World Championships, they were on tour for seven weeks in South America, Eastern Europe and the Middle East. The athletes did exhibitions, clinics, saw the sights and had a good time. When they returned home, they did nothing for three weeks. Then they began to prepare for their second National Championships at their own clubs which are scattered primarily over four-to-five cities. Their second National Championships occurred just prior to the USA-USSR meet in Worcester.

Arkharov does not coach any national team members. In fact, Yun Tsov (International Gymnastics Federation (FIG) president) has specifically for-

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**'Prior to the 1985 World Championships, the Soviet team trained together in Moscow at the Army School for three months. They then had their National Championships.'**

---

bidden him to do so. The personal coaches travel with the athletes whenever they travel and are brought in for all training camps, etc.

5. They train together as often as possible. I did not find out what would make it impossible for them to train together. Their school time and military obligations (compulsory) are worked out to accommodate their training.

6. They had competed the compulsory as a team (either in meets or in intersquads) 11 times before the World Championships. The United States had done them only three times.

All the research in the world will not eliminate the one fact, we all must work harder and there is no substitute for time in the gym whether you are an athlete, a coach or a judge.

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*Body lines well defined are exemplified by Flavia Kozmetsky on pommel horse. Here he performs a giant stride half turn (180°) plant. 1985 by Dave Black*



# Superpowers Closer Through Gymnastics

## The Friendship Line

By Mike Botkin

**A**s the Soviet gymnasts stepped off the bus, security was tight, very tight. Bags were checked while men with trench coats and walkie-talkies cautiously monitored the gathered crowd. The Soviet team walked confidently into the Worcester Centrum to prepare for the first phase of what was to become the USA/USSR Friendship Tour.

The McDonald's Gymnastics Challenge: USA/USSR marked the first time in three years the United States and Soviet Union had met in head-to-head gymnastics competition. Recent political actions by both countries heightened already tight security, which had little or no effect on the athletes. In addition to the competition, it was an imperative time for athletes on both sides. For many, it was the first visit to the United States, or, conversely, the first exposure to citizens from the Soviet Union.

Athletes exchanged questioning glances, but due to the language barrier, could only guess what those glances asked. Both girls teams asked if a meeting could be set up to "ask questions," an idea the Soviet interpreter thought was a good one because, as she said, "They have as many questions about your country as you have about theirs."

An hour-long bus ride closed off the outside world and gave the gymnasts from the two countries a chance to intermingle. At first, this was virtually impossible. The Soviet coaches held a tight rein on the gymnasts prior to the competition, directing all mental energies toward the training and upcoming meet.

But once the meet was over, the reins loosened, and the gymnasts were allowed to begin enjoying them-



selves. This was to be an educational trip for them as well as a chance to compete.

The women were younger, and took longer to get started. The shyness was never overcome. The Soviet men didn't need much prodding once a name was connected to a face that had become familiar over the course of the competition. It was the men that provided much insight into just how similar the lifestyles of the two countries are. Although there are obvious political barriers, deep down, the Soviet gymnasts are actually warm and very personable beneath their cool, competitive veneer.

Alexsei Tikhonikhin, 1986 McDo-

understanding through athletes was the theme behind the USA/USSR Competition. Alexei Brown (center) and Alexei Tikhonikhin (right) share around together in an airport. (USAGF photo © 1986 by Susan Polakoff)

nald's American Cup champion, was the oldest and thus the unapologetic leader of the Soviet contingent. He was the first to break the ice. Expounding on the virtues of marriage, Tikhonikhin was very pleased to be a father. "My son (two-year-old Dmitri) is a very good child. I love being a father," he said, at which time Vladimir Artemov broke in, ran his hand back and forth and said "zoom, zoom, zoom," indicating Dmitri was a very

**'The women were younger, and took longer to get started. The shyness was never overcome. The Soviet men didn't need much prodding once a name was connected to a face that had become familiar over the course of the competition. It was the men that provided much insight into just how similar the lifestyles of the two countries are.'**



active child. Artemov then pulled Tikhonkikh's short hair and said, "Just like his father." They both laughed.

When a person travels, talk of home often creeps into a conversation, and the Soviets were no different. Tikhonkikh is from Siberia. "You must come and visit me. The snow there gets over two and a half meters high (seven to eight feet)," he said, holding his hand well above his head. Wool socks, sweaters and thick sheep-skinned coats are the apparel for the 40-below weather there. "You cannot let your skin be exposed, it will freeze." He held his hands to his face forming an imaginary parka exposing only his eyes. The rest, he indicated, was well covered from the weather.

When the Soviets travel to an international meet, all flights leave from Moscow. For many of the gymnasts, this is the midway point in their journey. Because of the vastness of the Soviet Union, it takes many of the gymnasts hours to get to Moscow. Elia Zetandze and Vladimir Gogoladze are from Georgia, a southern state bordering on the Black Sea. On its immediate borders are Iran and Tur-

key. It took the pair seven hours to fly to Moscow.

Tikhonkikh also is a long way from Moscow, his flight lasting five hours. Add that to the 10-hour flight from Moscow to Montreal, and another two hours in the air to Boston, and you have a very long journey across eight time zones.

Artemov and Yuri Karolik's travel schedules were easier. They are from Vladimir, a beautiful city 60 miles from Moscow. Artemov, 186, extended an invitation to visit his city, of which he is very proud. "You must come see the beauty of Vladimir. All cathedrals are made of wood and are beautiful," he said. It is a very old city, with much heritage. The architectural style of the cathedrals is distinctly Russian, with spires dominating the skyline.

Valentin Mogilyayev broke into the conversation asking about rock and roll music. The Soviets recognized

*(Inset) Gymnasts from both countries take time out to visit Disneyworld in Orlando, Florida. Mickey Mouse greets them with open arms. (Inset) Shopping in New York City was a major highlight of the Soviet trip. (Inset) Americans posed that on their way up the Big Apple. (Inset) photo © 1986 by Bruce Pennington*



many names of western rock stars, but didn't really seem to like them. A couple groups they did respond to favorably were Queen — to which they all made faces and acted like they had strange haircuts — and Paul McCartney. Tikhonikh then sang "Band On The Run" in very broken English, while Mogilny played an "air guitar," jumping up and down.

Bruce Springsteen didn't rate, according to the Soviets. "American music," they said, then started singing "Born in the U.S.A., born in the U.S.A." They waved their hands, grunting they could take it or leave it. The Rolling Stones and Elton John got the same response, except from Mogilny who liked Elton John.

Most of the Western rock groups loved by the Soviets were vintage 1960's and 1970's. But music from their own country ruled highest on their personal charts. During training sessions and in their walkman recorders, the Soviet's own rock-n-roll music set the tempo.



*(Above) Fan rules become routine on any tour but Chinese American (left) and World all-around champion Elena Shushunova pass the time with another world champion, Mickey Mouse. (Below) Cool Americans in their skins: Helen Finkelberger, Anna Drobnya, Tracy Sperry, Don Yonashiro and Tracy Collier show off their sun glasses. (USGA photo © 1986 by Susan Paskoff)*

Mark Lee, Melissa Markawa's coach, communicated to the Soviet girls through magic. Lee has a talent for card tricks, and during one bus ride he had all who were watching thoroughly confused. Elena Shoushounova was the most vocal, wanting Lee do tricks over and over until she could figure them out. Lee kept Shoushounova and the rest of the Soviet delegation entertained for the remainder of the trip to the arena.

With a better personal understanding among the athletes, the USA/ USSR Friendship Tour began in grand fashion. The sporting arena, as has been repeated many times by many people, is not the arena for political bouts. It is, rather, the arena for international goodwill and understanding. Though the Soviets defeated the American squads in the dual competition, that really wasn't the point of the whole meet. The point was to break through, erase misconceptions, and to compete through friendship.



**"The sporting arena, as has been repeated many times by many people, is not the arena for political bouts. It is, rather, the arena for international goodwill and understanding."**

# Taking All The Gold At Home



## Kunyavsky Wins Every Event At RSG National Championships

By Susan Saritz

**T**he 1986 Rhythmic Gymnastics Championships of the USA were held April 25-29 in Los Angeles. The Veterans Memorial Auditorium in Culver City was the site for the all-around competition, while the event finals were at Collins Court on the UCLA campus. This year's competition proved to be the most exciting in the 12-year history of the event. It was evident by the large number of participants the sport is ready to go through some dramatic changes in this country.

The level of difficulty each competitor displayed has increased tremendously since last year, which brought about a decision to raise next year's qualifying score by a full point. Many new catches are being completed in the backscale position, while the number of multiple movement skills has become more frequent. Double turns, triple leap passes, and double forward rolls performed during one toss are the most common. For added difficulty the top competitors often utilize movements from all three groups in combination.

A big question this year was not who would win the all-around competition, but who would qualify for the National Team. Out of last year's top 20 finishers, seven were absent this year. 1985 National Team members Stacey Overmier and Theresa Bruce were both out with injuries and Valerie Zimring, Lisa Armstrong, Jennifer Mann, Mirvia Atlas, and Erica

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*Marina Konyavsky successfully defended her national title during off season events from Drexel, Singapore and Mexico City. (USAG photo © 1986 by Rich Koenig)*

Campbell have since retired. Detroit's Wendy Hilliard was back to competition after a one year sabbatical, and with the likes of Kelly Tanko, Deane Lester, and Ingrid Knight steadily improving, no one knew just what to expect.

The competition began with solid routines from Michelle McKillop of the Houston Illusions and the Illinois Rhythmic Tanko. They scored 8.75 and 9.1 respectively for rope and ball, providing the judges with good base scores. Of the main contenders for the title, Duane Simpson was the first to compete. Simpson may be on her way to taking the "Most Flexible Gymnast" title away from Overman, as was exemplified with her rope routine. She has improved over the past year, and her 9.45 was well deserved.

Lester, Cull and Laura David all had minor mistakes with their first routines, as is common in this type of competition. A much improved Shari Feldman showed a more mature style with a ball routine that earned her a 9.3.

After watching a video tape of the routine it was found Hilliard missed a looping series through the rope, which led to a major deduction.

Looking more flexible than last year, Inna Rubenshten hit a beautiful ball routine for a 9.3. Then Marina Kunyavsky took to the floor. Energy generated into the air as Kunyavsky displayed why she is our country's best. Besides having great expression, she possesses incredible technical abil-

ity. The home crowd advantage was at work here and the judges awarded her a 9.6, pushing the defending National Champion into the lead.

Simpson's quest for the title would soon follow with one of her best events, ball. This time, however, Lady Luck was not on her side. Half way into her routine she dropped the ball out of bounds. The drop was reminiscent of last year's competition when a similar mistake with clubs dropped



**'Energy generated into the air as Kunyavsky took to the floor. Kunyavsky demonstrated why she is our country's best. Besides having great expression, she possesses incredible technical ability. The home crowd advantage was at work here and the judges awarded her a 9.60 pushing the defending National Champion into the lead.'**

Following Feldman was Hilliard with a rope routine which would become the topic of much controversy. Hilliard hit rope cold, a marvelous way to come back to competition. However, her score was not posted. When the meet was over an 8.75 was posted following a judges conference.

*Duane Simpson is certainly a face to watch for on rhythmic gymnastics. Simpson gave Kopylovsky a run for her money, placing second all around. (USAEP photo © 1988 by Rick Scoring)*

her to third place. A 9.0 was flashed and Simpson's hopes for the title vanished.

Feldman, Hilliard and Rubenstein all hit their next events and respectively scored 9.35, 9.25, and 9.3. Kuryavsky's well executed ball routine (5.45) helped to tighten her grip on the No. 1 position.

While Friday's competition was marked by excellence, Saturday's was marred with faults. The evening began with a disastrous routine from Simpson. She has one of the most difficult clubs routine of all the competitors, with nearly all of her tosses being caught in a backscare. Her hands were not working in her favor and four drops, plus another 9.0 score dropped her down in the field.

Seizing the opportunity to increase her position, Feldman hit ribbon for a 9.35. Hilliard would be one of the lucky few to get through her clubs routine without any drops but scored just a 9.0. Wearing a white leotard and using a white ribbon, Rubenstein was a striking figure and impressed the judges enough to get a 9.45 for her routine.

Using dramatic music by Bachman-relli, Kuryavsky hit her powerful clubs routine for a 9.55. It is with this apparatus that Kuryavsky really stands out. She includes many difficult tosses in her routine, but somehow always seems to catch the clubs right on the ends.

Somehow, somewhere, Simpson found a bit of inner strength and came back on ribbon like a winner. At this point Simpson knew the title was lost to Kuryavsky, and the relaxed atmosphere which now existed for her worked wonders. With the music of "Foxy and Bess" to complement her skills she danced her way into a 9.7, the highest score of the meet, only to be matched later by Kuryavsky. This secured second place for her.

Both Feldman and Rubenstein had small drops with the clubs, giving them a 9.05 and a 9.0 respectively. Hilliard's gazed up version of Bach's Organ Toccata brought more support from the audience and a 9.2 from the judges.

Kuryavsky wrapped up yet another national championship with her ribbon routine. She used an original ending, tossing the ribbon stick and catching it between the back of her neck and her shoulders for a 9.7.

Feldman and Rubenstein tied for third place, while teammate Elizabeth

Cull came in a close fifth. Hilliard placed sixth just ahead of a consistent Laura David. Finishing up the team were last year's Junior National Team members Tanika, Later, and Knight.

In Sunday's event finals Kuryavsky walked away with every event title. Simpson took the silver on every event she qualified for, and Feldman and Rubenstein cleared up the bronzes.

Kuryavsky, Feldman, Rubenstein, and Cull would qualify for all four event finals, but only the champion would hit all of her routines. Feldman and Rubenstein made mistakes with ribbon and Rubenstein also had her share of problems with rope. Cull had a disastrous day. It began with rope when she dropped her very first movement, and then her piano player didn't come in on time, causing her to start from the beginning. She would be unable to regain her composure and dropped all of her other apparatus. Simpson had a small drop each with clubs and ribbon, but earned scores no lower than 9.5.

In the junior competition, the gymnasts from the Illinois Rhythmic team blew away the competition.

As Jennifer Knust was the only

member of last year's Junior National Team to remain a junior, she was heavily favored to win the title. Liz Fisher had been clearing up at her local, state, and regional meets and many thought she would prevail. But Cindy Mount shocked all and won the all-around title. Molly Krause, Tammy Jopson, and Kristi Alt completed the new junior squad.

Knust was able to claim the ribbon title during the event finals, but other than her gold all of the awards went to members of the Illinois team. Casey Van Loon was a surprise, winning rope, while Krause took the ball and Mount the clubs.

Three teams entered group routines in the competition this year. The Group B routines came from the West Coast Waves and the Oklahoma Rhythmic teams.

The only routine in the Group A category was the LA Lights team. They had a few breaks on the first and third days of competition, but on the second day they hit well. The group was named the National Group routine for 1986 and will be representing the United States in the Four Continents Championships in Australia this October.

#### 1986 Rhythmic Gymnastics Championships of the USA

##### Results

##### SENIOR

Gymnast	Rope	Ball	Clubs	Ribbon	All-Around
1. Maureen Kuryavsky	9.55	9.55	9.55	9.75	39.40
2. Tracy Simpson	9.45	9.45	9.45	9.75	37.15
3. Anna Rubenstein	9.35	9.35	9.35	9.45	37.55
4. Heidi Feldman	9.35	9.35	9.35	9.35	37.05
5. Elizabeth Cull	9.15	9.35	9.35	9.35	36.85
6. Wendy Hilliard	9.15	9.35	9.35	9.35	36.85
7. Laura David	9.15	9.15	9.3	9.15	35.55
8. Kelly Tanika	9.05	9.15	9.35	9.15	35.15
9. Dawn Leibel	8.95	8.95	9.35	9.15	35.40
10. Tanya Later	9.05	9.15	9.35	9.15	35.65
11. Elizabeth Tan	9.15	9.35	9.35	9.35	35.85
12. Kelli Black	9.05	9.35	9.35	9.35	35.95
13. Karen Lynn	9.05	9.35	9.35	9.35	35.75
14. Jennifer Knust	9.15	9.35	9.35	9.15	35.95
15. Michelle McElroy	9.15	9.35	9.35	9.15	35.40
16. Karen Jackson	9.05	9.35	9.35	9.15	35.85
17. Joanne Haysman	9.15	9.35	9.35	9.15	35.85
18. Melissa Meyers	9.15	9.35	9.35	9.15	35.85
19. Jenni Morris	9.05	9.35	9.35	9.15	35.15
20. Catherine Lizard	9.05	9.35	9.35	9.35	34.75

##### JUNIOR

Gymnast	Rope	Ball	Clubs	Ribbon	All-Around
1. Cindy Mount	9.85	9.85	9.75	9.55	39.05
2. Jennifer Knust	9.75	9.85	9.85	9.85	39.35
3. Liz Fisher	9.85	9.75	9.85	9.85	39.35
4. Molly Krause	9.75	9.75	9.85	9.85	39.25
5. Tammy Jopson	9.85	9.85	9.85	9.85	39.35
6. Kristi Alt	9.75	9.85	9.85	9.85	39.35
7. Jennifer Lloyd	9.85	9.85	9.85	9.75	39.35
8. Margaret O'Brien	9.85	9.85	9.85	9.85	39.35
9. Corbin Louisa	9.85	9.85	9.85	9.85	39.35
10. Brian Nelson	9.75	9.85	9.85	9.85	39.35
11. Casey Van Loon	9.75	9.85	9.85	9.75	39.25
12. Michelle Cowart	9.85	9.85	9.85	9.85	39.35

##### GROUP COMPETITION

Group A — Los Angeles National of Operatics	21.25
Group B — Oklahoma Rhythmic Team	20.85
West Coast Waves	20.95

# Elite Newcomer Eyes Jr. Top Spot

By Kathleen M. Delano

**B**eating 1986 American Cup winner and junior national champion Kristie Phillips in the 1986 American Classic is no easy feat. But Phillips received her toughest competition from 14-year-old Julianna (ju-LEE-sa) D'Amore Gomez. A teammate of Phillips', Gomez almost pulled it off by taking first place in vaulting and uneven bars and second all-around — finishing just .85 behind Phillips.

And this is her first year competing elite.

Gomez, in one year, has jumped from seventh all-around (71.10) in the 1985 Junior Olympic Nationals (Class II) to second all-around junior elite (74.00) at this year's American Classic. That kind of growth in one year is similar to Olympians Mary Lou Retton, Kathy Johnson and Julianne McNamara beginning speculation that Gomez might make some waves at the Championships of the USA and beyond.

Gomez, like thousands of American girls, began gymnastics after watching Nadia Comaneci sweep the gold in the 1976 Olympics in Montreal. But it took her three years to convince her mother to enroll her in gymnastics classes. "I started gymnastics at a little dance school in San Antonio because I wasn't old enough to take a regular gymnastics class," Gomez explained.

That was 1979. Now she has traded the dance school classes for training with Nadia's coach, Bela Karolyi, at his club in Houston.

"I had to try out to train at Karolyi's (in 1983). It wasn't really as hard as I thought it would be. I was just starting Class I. He made me do a couple of guards on the bar and a couple of vaults and he made me tumble. Then he said he would take me," said the 4'7", 66-pound Gomez.

Gomez trained with coach Rick Newman at Karolyi's Gymnastics for two years before beginning training with Bela himself. Now she's in the gym twice a day totaling five to six hours doing "mostly routines."

"I get up at about 6 a.m., I go to gym from 7 to 9 a.m. I then come home, get dressed and go to school," Gomez says. "I come home after school to rest and do homework. Then I go back to the gym from 3 to 5 p.m."

Even with the demands of training, Gomez enrolls as a student. "I make straight A's. I guess I was just born that way," Gomez says. "It's not that much of a hassle. The teachers in the school are very understanding."

This year, Gomez's goal is to make the junior national team and compete internationally. ("Somewhere in Europe," says Gomez) like her current idol, Irina Barmakova.

"I like Barmakova. I like the way she dances," says Gomez. "If I work really hard, I can probably be just as good." A good goal for someone whose eye is on the 1988 Olympics.

"First of all, my goal is to keep improving every day," says Gomez, a San Antonio, Texas native. "But my biggest goal would be the 1988 Olympics, and I'd like to win five gold medals . . . or even one gold medal."

The first step toward that gold medal is making the junior national team, and once again, Gomez is optimistic. "I think I'll do well, and I think I'll place in the top six," Gomez said. "I dream about being in first place. I've just got to hit all of my routines."



Julianna D'Amore Gomez challenged her teammate from Karolyi's during the recent American Classic meet. By placing second, Gomez, a first year elite, qualified for the Championships of the USA. (USAG photo © 1986 by Dave Mehl)

## Senior Division All-Around American Classic April 11th & 12th, 1986 Provo, Utah

		Comp AA	Opt AA	Total AA	Adj AA
1	266 Melissa Melzer*	36.15	37.55	73.40	75.58
2	242 Olay Yilmazlar*	37.75	37.55	74.70	76.75
3	244 Jayanna May*	37.75	36.55	74.40	75.15
4	156 Sherry Gonthorp	36.40	37.75	74.15	75.90
5	271 Marie Vorhiesberger*	36.70	37.25	73.95	75.65
6	218 Tracy Calcutt*	36.40	37.55	73.95	75.72
7	215 Hope Sawyer*	36.25	37.30	73.55	75.14
8	264 Angela B. Jenkins	35.45	37.65	73.10	75.14
9	260 Melissa Paine	36.70	37.65	73.35	75.12
10	224 Robin R. Richter*	36.10	37.15	73.25	75.05
11	353 Denise Vilers	36.25	36.55	72.40	75.05
12	117 Alyssa Bostman*	36.10	36.35	72.15	75.15
13	326 Cindy Tarr*	35.95	36.50	72.15	71.90
14	303 Gina Beale	35.50	36.45	71.75	71.60
15	274 Kristine Johnson*	35.10	36.65	71.75	71.44
16	247 Gillian Macdon*	35.15	35.95	71.25	71.65
17	213 Jo Annman*	35.30	35.65	71.15	71.94

\*Adjusted All-Around scores determined by taking 60% of compulsory score and 40% optional score. All tied are listed by higher compulsory score.



Junior Division  
All-Around  
American Classic  
April 11th & 12th, 1988  
Provo, Utah

Kristi Phillips continued her winning ways by taking all-around honors at the American Classic. The Bala Karolyi student is preparing her skills for the upcoming Championships. (USCG photo © 1988 by Dave Black)

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			Comp AA	Opt AA	Total AA	Adjust AA
1	210 Kristi Phillips	Karolyi's Gymnastics	58.75	58.18	54.85	74.65
2	208 Juliea D'Amico-Carson	Karolyi's Gymnastics	58.65	57.15	54.00	73.65
3	206 Robin Lynn Carter	Karolyi's Gymnastics	58.05	57.25	53.20	73.05
4	216 Picoles Mills	Karolyi's Gymnastics	58.04	56.40	53.34	73.04
5	212 Sheryl Gonzalez	Capital Gymnastics	55.55	55.40	53.85	70.05
6	204 Lisa Wanders	Pompano	55.25	54.85	51.70	70.05
7	214 Debbie Saville*	Pompano	55.00	55.15	51.13	70.00
8	206 Jenny Combsdorf	Rocky Mountain Gymnastics	54.00	55.40	50.40	70.00
9	221 Kelly Meier*	Fugal Sound Rambones	54.00	55.25	50.50	70.10
10	211 Lisa Lucas*	Pompano	54.00	55.60	50.50	70.00
11	209 Deana Under	Springdale Country Club	54.30	55.80	50.00	70.00
12	216 Wendy Bruce*	International School of Gym	54.14	54.45	50.50	70.00
13	211 Tracy Kolboud	Pompano	53.85	55.40	50.85	69.65
14	216 Karen Lofton	Aransas Valley Spin Club	53.00	55.00	50.00	69.00
15	201 Nadia Wilson	Marietta	53.00	55.70	50.50	68.10
16	205 Kay Ann Dally	Marietta	53.00	55.70	50.50	68.10
17	210 Christy Hensel	Great American Gym	53.00	55.25	50.50	67.60
18	207 Deanna Cole	Great American Gym	52.80	55.40	50.80	67.00
19	217 Kim Niles	Gym Classics	52.80	54.80	50.50	67.00
20	202 Tami Cooper	Gymnastics West Inc	51.60	54.50	50.50	66.10
21	202 Sheryl Kowalski	American Academy of Gymnastics	51.00	54.20	50.50	65.04

\*Adjusted All Around scores determined by taking 80% of compulsory score and 20% optional score. All stars are broken by higher compulsory score.

# Junior Boys Roll Past Canada

By Ward Black

**F**ortunately, there were others present at the Olympic Training Center (OTC) in Colorado Springs that remembered last year's defeat of the junior boy's national team by the Italians. This year, competing against Canada, were many of those same juniors. Last year they lost big, this year they won so big that the meet was over after the first event.

The bulging, final tally, 274.95 to 263.25, was predicted after the USA built a 4.15 lead with their first event, floor exercise.

To make the USA 'A' lineup to compete against the Canadians, gymnasts had to qualify in a training camp involving 23 of the nation's top junior gymnasts. Of the 23 gymnasts, only the top seven would compete directly opposite Canada. The other 16 were broken into two groups of seven (Blue and White squads) who competed against each other during the double dual meet.

Leading the strong USA 'A' squad

was Lance Ringnald, 16, of Waco, Texas, who hit all six optional routines enabling him to capture gold medals in all but rings. His all-around score of 56.15 was also the best of the meet.

"This was my best meet ever," said Ringnald. "I didn't have any major breaks and I felt really good."

Although Ringnald was the all-around winner, another U.S. gymnast, Dominic Minicucci of New York City, defeated him during the qualifying meet. Minicucci was forced out of the Canada meet by an ankle injury paying the way for Ringnald's heroes.

"Dominic would have won this meet if he would have competed," said Ringnald. "We have competed against each other three times, and he has beaten me all three times."

The Canadians came into this meet with an admittedly weak team. They were looking for experience, not scores. Judging by the results, that's exactly what they got. "Our team was comprised of juniors and novice gymnasts," said Canadian Coach Dave Arnold. "We wanted to gain competition experience with our top juniors

(Claude LeTendresse, Alan Nolet and George Zoric), and that was our priority."

The spotlight was on the main competition between the USA's 'A' squad and Canada, however at the same time the Blue and White squads were also gaining good international competitive experience. The Blue team, coached by Kurt Golder, was so solid during the meet, they beat the 'A' squad by .05 (275.00 to 274.95). Golder's strategy, no distractions and keep the team's attitude geared towards a positive performance.

"All of these kids were very well prepared by their own coaches," said Golder. "Their routine construction was good and well balanced for each gymnast's developmental level. This allowed them to have an aesthetic, safe, consistent competition."

Leading the way for the Blue team

Chinney Daigley captured his consistent score placing third all-around, second on rings and parallel bars and third on floor. *USJSG photo © 1986 by Gene Black*





was one of Golder's own charges, Mike Holstad who's 51.30 all-around score was second only to Ringnald's. By the conclusion of the meet, the Mac team's overall potential was very impressive.

The American junior boys demonstrated advanced development over their counterparts in most all major areas: form, overall basic body positions, strength, refinement, difficulty

of skill and competitive consistency. If there was one area the junior boys had lacked, it was in concentration as evidenced by Ted Dumas' crash onto the high bar during his layout double back dismount.

The next gathering for the junior men will be in Atlanta, Georgia, June 27-29, 1986 for the Junior Olympic Nationals. That will be followed by another training camp June 29 through July 6.

Results All-Around		Vault	
1. Lance Ringnald (USA)	55.15	1. Lance Ringnald (USA)	9.45
2. Ted Dumas (USA)	54.60	2. Alan Scott (CAN)	9.40
3. Channing Limprey (USA)	54.45	3. George Lefrancoise (CAN)	9.25
4. Timm Davis (USA)	54.00	Pommel Horse	
5. Brad Ryan (USA)	53.85	1. Lance Ringnald (USA)	9.00
6. Charles Lefrancoise (CAN)	53.70	2. Ted Dumas (USA)	9.10
7. Bradley Sauter (USA)	53.45	3. Timm Davis (USA)	9.00
8. Alan Scott (CAN)	53.30	High Bar	
9. Robert Novey (CAN)	52.85	1. Lance Ringnald (USA)	9.00
10. Guy Thomas (CAN)	51.75	2. Alan Scott (USA)	8.85
		3. Timm Davis (USA)	9.10
Team Competition		Still Bars Finals	
U.S.A. A	274.85	Brian Holstad	59.10
Canada	268.25	Jeff Dow	54.45
Individual Event Finals Floor Exercises		Conrad Yoncoskie	54.05
1. Lance Ringnald (USA)	9.55	Terry Rodley	53.10
2. Brad Ryan (USA)	9.45	Phil Kofman	52.05
3. Channing Limprey (USA)	9.35	Timm Davis	48.90
Pommel Horse		Mike Macdonell	50.40
1. Lance Ringnald (USA)	9.50	Total	251.40
2. Channing Limprey (USA)	9.35	White Team Finals	
3. Brad Ryan (USA)	9.30	Daniel Rig	52.40
Rings		Scott Spring	52.35
1. Ted Dumas (USA)	9.55	Adam Goodie	51.55
2. Channing Limprey (USA)	9.35	Scott Gossie	49.85
3. Bradley Sauter (USA)	9.30	David Haylett	49.10
		David Hadden	47.15
		Michael Kell	50.15
		Total	255.00
		*Not complete of six routines	

## Spivey Gold On Floor In Paris

By Bill Meade  
and Carole Liedtke

Paris, France was the host for the First International Gymnastics Tournament, February 21-23, 1986 with intentions of building interest for the 1992 Olympics which they hoped for. The meet, as it turned out, was not like anything ever experienced before. Competing for the United States were Brian Babcock, 1985 Champion of the U.S.A. and Hope Spivey, a junior gymnast from the Parkettes Gym.



The new experience came in the form of the meet format. The competing men were to choose four events and the women three. The awards were to be valued at five hundred, three hundred and one hundred dollars. The Federations were to receive twice the amount in dollars, so it was a unique experience to leave for a competition with the opportunity to pay back the Federation, in a small way, for some of the expenses incurred in sending us on this trip.

Some of the highlights of the women's competition came when Hana Reme, Czechoslovakia, pleased the crowd, which numbered 22,000 over three sessions, by performing her original skill (solder to back straddle regrab on bar) to score a 9.825. Laura Munoz of Spain received a 9.75 for her routine with a Tkatchev, mixed grip



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Delchev and double-back piked fly-away.

After missing both *Tokubaru* full twist vaults, Spivey, coached by Robert Netwell, showed her true talents on bars scoring a 9.725 for third adding a flyaway full-in, back-out and doing her half turns in handstand and a mixed grip Delchev.

Spivey continued her excellent ways by ending her way to a 9.70 on floor for the gold. She pleased the crowd with her full-in, back-out, front

to double full and double back dismount. Karna was second with a double back mount and dismount, double full and a unique planche. She had a break in bars doing an impromptu dive roll after her double back, dropping her score to 9.40.

For the men, Babcock used the new line rings performance getting him the bronze with a score of 9.400. Babcock finished behind Andras Aguilair of

the RFA (9.650) and Switzerland's Marian Lehmann (9.500).

Some of the skills seen during the men's finals were a double back to upper arm on parallel bars by Frank Paschke (RDA), wrong grip girths to a tuck Casper by Babcock on high bar, bar to full twisting reverse hecht, legs together and body stretched by Cassiano Suarez of Cuba on high bar.

While in Paris, the group did get to see the Eiffel Tower and tour the Louvre and it's many art treasures.

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Head Coach position available. Head coach/ Director of competitive program with possible preschool through recreational clinic teaching. Part-time or full time. Salary based on experience, education and responsibility. Send resume and references to Boorman Academy of Gymnastics, William Anderson (owner/instructor), P.O. Box 507, Rosemead, MI 48066 (482) 966-7076. (Resumes must include education, experience, salary history and/or training/major awards)

### JOB OPPORTUNITY PHOENIX, ARIZONA

Assistant Boys and Girls Coaches needed for a 18,000 square foot facility with over 1500 students. Experience with U.S.G.F. competition levels is desired. A positive attitude and a general desire to work with kids is a must. Job entails working with all boys and girls in a structured developmental program and once accepted on staff job security, and potential for advancement restricted only by your desire to move.

EXCELLENT PAY SCALE. D.O.B. Corrie Mitchell, A.P.S., Standard Gymnastics, 1110 E. Chandler Rd., Phoenix, Arizona 85002, (602) 993-3790 Week, (602) 993-8279 Home

### Position Available

Wanted—Full-time gymnastics instructor. Able to teach pre-natal through level III competitive level. Salary commensurate with experience. Call Northern Kentucky Gymnastics at (606) 529-1165 or write P. K. G., Inc., 7513 Summit Drive, Florence, Kentucky 41062

### Position Available

Wanted—Pre-school dance/music instructor. Salary based on experience. Bonus system. Excellent benefits. 84 02nd street added. Workers compensation, one annual summer paid, four weeks vacation. Potential percentage of Satellite Pre-school. We are on the golf of Mexico with glorious white beaches and a booming population. Call (804) 264-2541, 13016 p.m. or send resume to (804) 794-1051, 13016 p.m. Monday through Thursday on south Frontline Gymnastics, 709 W. 14th Street, Panama City, Florida 32401.

### Position Available

Full time and part-time teaching and coaching positions are available for both men and women for the summer and in September of 1986. Send resumes or full story applications at the McVeyville Gymnastics Club, 5606 Randolph Road, Rockville, Maryland, 20853. Phone (301) 424-5545. Interviews to be arranged.

### RSC Hosts Wanted

The USGF Rhythmic Gymnastics Program is now accepting bids to host the following events:

- 1987 Rhythmic Championships of the USA (April 24, 1987)
- 1987 Rhythmic Pan American Circuit Trials (June 27-28, 1987)
- DEADLINE: AUGUST 1st, 1986
- 1986 Rhythmic Championships of the USA (April 1-3, 1986)
- 1986 Rhythmic Olympic Trials (July 22-24, 1987)
- DEADLINE: May 15, 1987

\*Proposed Dates

Bid forms may be found at the Rhythmic Gymnastics Rules and Policies (Appendix Form 1)

Send completed bids to: Allison Cummings, United States Gymnastics Federation, 109 N. Meridian Street 385, Indianapolis, IN 46204

### Position Available

The USGF is now accepting applications for the positions of RHYTHMIC, LYRICAL, NATURAL, TEAM PLANNET. The length of the appointment is by contract from January 1, 1987-December 31, 1987.

To apply, submit a resume identifying recent rhythmic and/or artistic competitions attended with along with other pertinent performing information.

For further information regarding details of contract contact Nora Hibel (317) 638-8763.

Application deadline: October 1, 1986. Send to: Nora Hibel, United States Gymnastics Federation, 109 N. Meridian Street 385, Indianapolis, IN 46204

### Position Available

Head Coach and Assistant coach (female) with emphasis on dance for private club in Bayota, California, South America. Coaches must have two-year experience in rhythmic coaching. Good travel opportunities. Send resume to Joyce Mirand, Calle 125 #24-56, Bogota, Colombia, South America. (773) 373-2142x68, 373-1-2642x91.

### Position Available

Gymnastics program director and head coach. Teaching Class I and II girls and evening Class II girls plus teaching levels. Position available immediately. Salary negotiable, ownership opportunity possible. Located in Town Falls, Idaho just one hour from Jackson Hole. Send resume to S.A.C.P., Inc. Attention Kelly Olson, 200 1th Ave. E., Town Falls, Idaho 83450. Phone (208) 734-9600.

# CALENDAR

## May

- 27-  
June 2 Monrovia Cup (M) Cuba  
28-31 U.S. Classic Nationals (W) Phoenix, AZ

## June

- 6-8 Junior Olympic Nationals For Girls (W) Boca Raton, FL  
19-22 McDonald's Championships of the USA (M/W) Indianapolis, IN  
\*20-25 \*RSG Elite Developmental Training Camp (W) Lake Florida, NY  
23-25 Canadian Classic (W) Toronto, Canada  
27-28 Junior Olympic Nationals (Jr. Boys) Atlanta, GA  
29-  
July 6 Junior Boys Training Camp

## July

- 5-22 Goodwill Games (M/W/W) Moscow, USSR  
25-  
Aug 2 National Sports Festival (M/W/W) Houston, TX  
\*30-  
Aug 2 \*Rhythmic Developmental Training Camp (R) Colorado Springs, CO

## August

- 25-  
Sept 1 Great Roots Developmental Camp (Jr. Boys) Colorado Springs, CO

- 30 World Cup (M/W) Beijing, China  
Sept 1

## September

- 9-15 Pacific Alliance Championships Hong Kong  
24-27 USFC National Congress TBA

## October

- 1-7 Four Continents (R) Melbourne, Australia  
17-19 World Cup (J) Tokyo, Japan

## November

- TBA \*\*USA vs. China (M/W)  
TBA Swiss Cup/UTS  
TBA Rival Cup (M/W)  
TBA \*Chuncho Cup (Jr. Boys) (M/W)

- 6-21 Junior Boys Developmental Camp Colorado Springs, CO  
  
December  
TBA \*BAGL International Tournament (M/W) London, England  
24-  
Jan 3 Jr. Boys National Testing & Training Colorado Springs, CO

\* — Tentative Dates or Sites  
TBA — To Be Announced  
\*\* — Proposed Event  
(M) — Men  
(W) — Women  
(R) — Rhythmic  
(J) — Children  
(Jr) — Junior  
(Sr) — Senior

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1B.



1C.

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YOUTH: Large, medium, small

ORDER #: S501 through S507



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YOUTH: Large, medium, small

ORDER #: S401 through S407

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02 June 22 - June 29	07 July 27 - August 3
03 June 29 - July 6	08 August 3 - August 10
04 July 6 - July 13	09 August 10 - August 17
05 July 13 - July 20	10 August 17 - August 24
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